Making Good Food Choices Easy
UND has partnered with Guiding Stars to offer students an objective food rating system in the dining centers, convenience stores, and Old Main Marketplace. Food is rated based on nutrient density using a scientific algorithm. Rated foods are marked with easy-to-follow tags indicating 1, 2, or 3 stars.

What to Look for
The more nutritional value a food has, the more Guiding Stars it receives.

- One Guiding Star indicates good nutritional value
- Two Guiding Stars indicate better nutritional value
- Three Guiding Stars indicate the best nutritional value

Breaks
All breaks are served with fruit-infused water and coffee with condiments. Breaks received 1-3 stars depending on menu.

- $5.75 Fruit and Veggie Break
  Fresh fruit and vegetable platters with Greek yogurt fruit and vegetable dips

- $6.50 Sweet and Salty Break
  A mixture of wholesome and tasty Baked Chips, Special K Crackers, Apple Pie Larabars, Special K Cranberry Almond Bars, and Planters Healthy Nut Mix

- $4.25 Smart Break
  Seasonal whole fresh fruit and Skinny Pop Popcorn

- $5.00 Hummus with Pita Chips
  Sea salt pita chips and fresh veggie sticks served with homemade and sundried tomato hummus

- $5.75 Tortilla Chips and Dip
  Multigrain tortilla chips served with homemade salsa and guacamole

- $5.00 Spinach Artichoke Dip
  This dip is served chilled with fresh veggie sticks and sea salt pita crisps

Beverages
Water, coffee, and teas are not rated with Guiding Stars because they contain few calories or nutrients.

- $1.25 UND Water Bottle
- $1.00 Coffee with Condiments
- $1.25 Ocean Spray 100% Fruit Juice
  Assortment of orange, pineapple, apple, and grapefruit
- $1.00 Tropical Ginger Punch
  Mixture of orange and pineapple juice with fresh ginger
- $1.00 Fruit-Infused Water
  Choose from Citrus, Strawberry Kiwi, or Cucumber Lemon
**Breakfast**

All breakfasts include hot tea, ice water and coffee with condiments.

- **$4.25**  **Kettle Oats Bar**
  Steel cut kettle oatmeal served with a variety of toppings, including dried fruit, nuts, brown sugar and skim milk.

- **$6.00**  **Greek Yogurt Parfait Bar**
  Build your own parfait with plain Greek yogurt, seasonal fresh fruit and granola.

- **$6.00**  **Bagel Breakfast**
  Whole Wheat Bagel Thins served with light cream cheese and peanut butter and fresh seasonal fruit.

- **$6.75**  **Grain Fruit Bake**
  A variety of whole grains baked with cinnamon and allspice, topped with a sweet berry syrup.

- **$7.50**  **Sunrise Breakfast**
  Fluffy scrambled eggs
  Roasted potatoes O’Bien
  Fresh seasonal fruit

**Box Lunches**

Box lunches include fresh fruit, baked chips, and UND bottled water. A salad may be substituted for $2.00 more.

- **$10.00**  **Artichoke Chicken Salad Wrap**
  Chopped chicken, artichokes, red onions, and tomatoes tossed in lemon garlic vinaigrette and wrapped inside a whole wheat wrap.

- **$9.50**  **Artichoke Hummus Wrap**
  Whole wheat wrap filled with artichoke hearts, fresh veggies, and our homemade hummus spread.

- **$10.00**  **Also available with grilled chicken**

- **$10.00**  **Feta Chicken Wrap**
  A mixture of chopped chicken, fresh tomatoes, red onion and feta cheese in a basil balsamic vinaigrette.

- **$10.25**  **Sundried Tomato Hummus Wrap**
  Homemade Sundried tomato hummus and fresh veggies wrapped inside whole wheat flatbread.

- **$10.75**  **Also available with grilled chicken**

- **$9.50**  **Southwest Shaker Salad**
  Seasoned whole grains layered with spinach, corn, black beans and cilantro.

**SIDES**

Add any of healthy options to your next catered event.

- **$3.00**  **Barley with Raisins and Pistachios**
  Orange-scented barley mixed with golden raisins and pistachios and tossed in citrus balsamic vinaigrette.

- **$2.50**  **Fruity Quinoa Salad with Almonds**
  White quinoa tossed with berries, mango, pineapple and almonds.

- **$3.00**  **Greenwheat Freekeh and Massaged Kale Salad**
  Fresh kale, parmesan cheese, and greenwheat freekeh lightly dressed in a lemon garlic dressing.

- **$1.75**  **Special K Cracker Chips**
  Choose from Sea Salt or Baked Cheddar.

- **$1.50**  **Original Baked Lays**

- **$1.50**  **Multigrain Sun Chips**

- **$2.25**  **Skinny Pop Popcorn**

- **$2.50**  **Apple Pie Larabar**

- **$2.00**  **Special K Cranberry Almond Bar**

- **$2.00**  **Planters Healthy Nut Mix**

*These wraps and salads are also available for served meals and buffets, please contact your catering event coordinator for pricing.*